

## There are many kinds of dating violence:

### Verbal/Emotional:

- Verbal abuse can include behavior such as insulting or swearing at a partner, belittling them, threatening or terrorizing them with words.
- Emotional abuse originates in the aggressor's desire to control the other person's behavior.
- Undermining the other person's confidence, the abuser tries to limit a dating partner's ability to act independently.

### Physical:

- Typically, males use physical force to assert control while females use it to protect themselves, to retaliate or because they fear an assault.
- This type of abuse includes hair pulling, biting, shoving, slapping, choking/strangling, punching, kicking, burning, using or threatening use of a weapon or forcibly confining someone.

### Sexual:

Sexual abuse includes unwanted sexual touching, force or pressure to get a partner to consent, rape or attempted rape, and attempting or having sex with a person who is under the influence of alcohol or drugs.



## "Is This How You Pictured It Every Time?"

Winning concept for the 2009 Teen Dating Violence Awareness Contest

RESPECT thanks the Saint Albert Catholic Schools Fall 2008 Campus Ministry Class

## Red Flags: Warning Signs of an Abusive Dating Partner

- Quick Involvement
- Verbal abuse
- Constant emails, calls and texting
- Isolation from friends, family and school activities
- Blames others for problems or feelings
- Use of physical force during arguments
- Cruelty to animals and/or children
- Controlling behavior
- Forced into sexting

## The Hard Truth: Facts

- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend has threatened violence or self-harm if presented with a break-up.
- 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped choked or physically hurt by their partner (this and the previous fact from a study on teen dating abuse by Teenage Research unlimited for Liz Claiborne Inc., February 2005.)
- 68% of teens regard boyfriends and girlfriends spreading rumors about a dating partner to be a serious problem.

## Teen Dating Bill of Rights

- I have the right not to be abused physically, emotionally or sexually
- I have the right to be treated with respect.
- ... to say no and be heard.
- ... to private time and my own space.
- ... to hear about my strengths and assets.
- ... to live a violence-free life.
- ... to change my mind - to fall out of love: and live with no threats.
- ... to accept a gift without having to give anything in return.
- ... to pursue my own special interests - and not be criticized for pursuing them.
- ... to have my needs considered as much as my partner's.
- ... to express my own opinions.
- ... to have friends of my own.
- ... to ask others for help if I need it.

## Does the Definition Apply to Me? Take the Quiz:

- Does he/she blame you for how he/she feels?
- Does he/she put down your accomplishments or goals?
- Does he/she tell you which friends you can see?
- Do you keep things from him/her so as not to upset him/her?
- Are you afraid of his/her temper or to disagree with him/her?
- Does he/she tell you that you are nothing without him/her?
- Does he/she keep checking up on you several times a night? Or showing up unexpectedly wherever you are?
- Does he/she yell at you or make fun of you in front of your friends?
- Has he/she wrongfully and repeatedly accused you of flirting or making out with other people?
- Does he/she ever treat you roughly - grab, push, pinch, shove or kick you to “get your attention,” throw things at you or hit you?
- Does he/she try to keep you from leaving after a fight? Or leave you somewhere after a fight to “teach you a lesson”?
- Have you been frightened by his/her violence towards others?
- Does he/she play with guns or knives or use them to protect himself/herself against other people?
- Does he/she threaten with weapon (gun, knife), show a weapon or carry a weapon?

Any “yes” response is cause for concern and discussion. Speak with a school counselor, call a hotline, or talk with a trusted adult. Violent relationships can often be complex. If you are concerned about someone, ask:

- Are you safe?
- What do you need?

Remember, the most dangerous time for escalation of dating violence is when the relationship is ending. Breaking up can be a process and involves a safety plan. School and hotline counselors will help develop an appropriate safety plan, specific to the relationship and resources available. Being available is an invaluable resource that you can offer someone in trouble.

### How to Help a Friend, How to Help Yourself:

- Call 911 if you feel yourself or someone else is in danger.
- Any level/type of violence can be devastating, **HELP IS AVAILABLE.**
- Go to a friend, teacher or principal, parent, clergy, physician, family member, counselor or a trusted friend.
- In the Omaha area, call the YMCA completely confidential 24-hour hotline: 402.345.6555
- Outside the Omaha area, call the state hotline: 1.800.876.6238
- Outside of Nebraska, call the National Domestic Violence Hotline: 1.800.799.SAFE (7233)
- Suicide Prevention/Crisis Intervention Hotlines
  - ReachOut: us.reachout.com
  - National Hopeline Network: 1.800.SUICIDE (784.2433)

## Someone Who's Been There

I was in a relationship for a year and a half. I never thought that it would happen to me, a dating violence relationship, no way, but it happened. I was never introduced to the red flags, so please take the time to read them. My relationship was hurtful and to this day unforgettable. Please think of your safety first and reach out for help. Remember that you cannot change another person's violent behavior. Giving in to demands, trying to please, pacifying and giving one more chance doesn't have a lasting effect. Violence doesn't just go away. Once started, it usually keeps happening and gets worse. You can break the cycle by refusing to become a victim.

– Lauren, Newsletter Student Editor



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